

Catechist Handout

Week 2- 9/26/21

Trust (Covenant)



CATECHIST NOTES

OBJECTIVES

- For our teens to set a faith growth goal while completing their Covenant Prayer
- For the group to develop norms for success while reviewing their Covenant Statement

OVERVIEW

1. **5:15-5:20pm** - Meet in your classroom for attendance
2. **5:20-5:50pm** – Meet in Narthex then will go outside (if possible) for trust walk
3. **5:50-6:45pm** – Back to classroom for rest of small group lesson

LESSON COMPONENTS

- A. **Community Building** (30 mins)
 - B. **Shared experiences by adults and teens** (15 minutes)
 - C. **Scripture & Prayer**
 - D. **Catholic Teaching/Insight**
 - E. **Putting Faith Into Action**
- Announcements**

Community Builder-“Trust Walk”

The first thing we will do after taking attendance in your classroom is meet outside the Narthex door. Once each class is ready to go, we will walk over together to an area outside for a trust walk. Classes should stay together and peer ministers should help maintain separation between classes while outside. A teen faith representative will explain the activity. Once the walk is complete, you will be instructed to head back to your classroom inside to cover the lesson plan.

Shared experiences by adults and teens (15 minutes)

Use an Ice Breaker to help the class get to know each other! Here are some suggestions:

- 1. Things in Common:** Have the group count off to create smaller groups of 4 or 5. Each new group’s goal is to find 10 things they have in common, with every person in the group. They cannot use anything relating to faith class, body parts, or clothing. Have one person in the group record their list on a sheet of paper. When they are finished with their list, have the group come up with a team name reflective of their similarities. When finished, ask the groups to come back as a whole, and have one person from each group read off their list and team name. This activity helps the group get to know each other more broadly, exploring different specific things they all may have in common. If the teens do not know each other yet, be sure to have them introduce themselves and the members of their team when they come back to the whole group.
- 2. Fun Questions:** You can do this as a whole group, or by breaking off into smaller groups. This is a simple ice breaker, asking each participant to answer a more “out-of-the-box” question about themselves. You can prepare some questions of your own ahead of time. Here are some examples:
 - What favorite color are you and how does being that color make you feel?
 - If you could choose an imaginary friend, who would you choose and why?
 - If you could sit on a bench in a beautiful woods, who would you like sitting next to you on the bench and why?
 - Are you sunrise, daylight, twilight, or night? Please share why you picked your time of day?
 - If you could have any pet real or imagined, what would it be and how would it serve you?
 - If you could choose your age forever, what age would you choose and why?
 - If you could be in the movie of your choice, what movie would you choose and what character would you play?
 - If you could have a super power or a magic power, what would it be and why? Would you use it for good or evil, as a hero or a villain? “I have all powers” or “I would wish for a million wishes” type answers should be discouraged.
 - If you could meet any historical figure, who would you choose and why?
 - If you could live in any city, which city would you choose and why?
 - If you could choose any name for yourself, what would it be and why?

CATECHIST NOTES

Community Builders are essential to forming your small group. Please do not skip them.

- **Ice breakers** are great for getting acquainted or re-acquainted after a long break or when a new member enters the group.
- **Team Builders** create a sense of group identity and cohesion and promote cooperation and critical thinking.
- **Problem Solving activities** foster communication and leadership skills, help group members come to rely on each other to face challenges.
- **Affirmation activities** nurture self-esteem, develop trust and promote deeper and more honest sharing.

CATECHIST NOTES

If you've had this class before, you know them best! Pick an activity that your class would enjoy and get involved in!

3. **More or Less:** people should stand in a semi-circle with the facilitator in the center. People will line themselves up from "most" to "least" for each of these statements:

1. Distance from your house to church
2. Distance from farthest place you have ever travelled
3. Distance from the place where you were baptized
4. Years at Holy Family
5. Number of people in your family

4. What a Character!

1. Hand out index cards and ask everyone to write down the name of their favorite fictional character (just tear up paper if you don't have index cards).
2. Wait until everyone is done. Then, ask everyone to turn the card over and write down what this choice says about who you are and what contributions you can make as a member of our group.
3. Once that is done, ask each person to share what they wrote, especially what their choice says about how they can contribute to the group.
4. Ask the group:
 - a) Did you notice any similarities? How do they help us as a group?
 - b) Did you notice any differences? How do differences help us as a group?

5. Merry Go Round Mixer:

Form two circles, inner and outer, facing each other. Have teens in the inner circle respond, one at a time, to each of the open-ended statements below (read these aloud). Before reading the next statement, have the outer circle rotate one person to the right. This allows for everyone to meet and talk with someone new each time. Have the outer circle just listen to the inner circles responses. Once all statements have been read and responded to, have the inner circle rotate one person to the right, and it's now the outer circle's chance to respond. Read the statements again following the same procedure above, with the outer circle responding and the inner circle rotating this round.

Statements: (feel free to use your own as well)

1. If I could smash one thing and only one thing only it would be...
2. The greatest discovery I'd like to make is...
3. The greatest value in my life at the moment is...
4. The time I feel most alive is...
5. If I could stop all wars or cause half the people in the world to accept Jesus, I'd choose...

Once finished, have everyone come back to the large group and thank them for sharing and participating.

[If you'd like another open](#) for an icebreaker, [feel free to use your own or find one on our lesson plan page under the tab "Resources"](#).

Scripture & Prayer

Classes will come up with a covenant prayer based off of **one** of three scripture passages: Romans: 12:9-18; 1 Cor. 13:4-7; Phil. 4:4-9

Expectations & Group Covenant

If we are going to form a sense of community within our groups it is important to share what expectations we have for our time together as a class. Catechists should explain what an expectation is and share with the teens what he/she expects and why. The peers should also share what they expect from both the catechists and the teens, giving examples in their own words about how the teens should conduct themselves and respect others. (Talk one at a time, don't interrupt, be respectful of others, or things like when to turn in service hours, etc).

Class covenants

Every year you are asked to create a class covenant. We do this every year because

1. Membership in the group may change – new members may join so members of the group may move to another group or no longer come;
2. Each year it is hoped we mature in many ways including spiritually, so each year we are capable of deepening our commitment to one another.

CATECHIST NOTES

Take time to listen to this short podcast (2:49 min) [Why is it important to set clear expectations for small group members?](#)

Expectations are important in every relationship, and mismanaged or poorly communicated expectations often create conflict and dysfunction inside of relationships.

When people show up in your small group, they have different expectations of what a small group is supposed to be and how it's supposed to function. **It's critical for you to get everyone on the same page** and to set the expectations clearly at the beginning of your small group experience.

This year scripture will be a key part of every class meeting. How one conducts him/herself as a disciple of Christ and member of a faith community has been a topic of concern from the very beginning of Christianity. In Paul's epistles he makes every effort to translate the teaching of Jesus into very practical behaviors for everyday life. Below are three examples. Instead of writing your own covenant prayers, this year we are asking you to choose one of these three passages for your covenant prayer.

- ❖ Ask for a volunteer to read the passage from Romans: 12:9-18. As they are reading the other members of the group should be reading along, underlining or circling the words or phrases that strike them.
- ❖ Once the passage is read ask members of the group to share the words/phrases they marked and why these made an impression on them.
- ❖ Repeat this process for the other two passages 1 Cor. 13:4-7; Phil. 4:4-9.
- ❖ Then the group should choose one of the passages as their covenant prayer and mark this passage with a bookmark (catechists these will be in your bin).
- ❖ Choose one word/phrase from the passage your group chose and have teens in their own words translate it into something they will commit themselves to this year/this week (i.e. ***Anticipate one another in showing honor*** might translate into don't be late, don't interrupt or put away your cell phone... ***Love is not pompous, it is not inflated, it is not rude*** might translate into no put downs, no side conversations, disagree respectfully...)
- ❖ At the beginning of **every session this year**
 - Begin your class by reading your covenant prayer,
 - Ask a member of the group to select a word/phrase from the passage and translate it into a concrete behavior the group can commit themselves to this week (**rotate this task weekly**)
 - **Summarize the group's commitment in the form of a prayer** (i.e. Holy Spirit help us to really listen to each other tonight or Give us the courage to share honestly with each other this evening or Help us to focus tonight and not be distracted or distract another).

Putting Faith Into Action

Group goals for the Year

Catechists should take a few minutes to discuss how last week the teens wrote down personal goals and how it is beneficial to have a goal to work toward as a **whole** faith class.

Have each teen come up with 1-2 goals they think the class should have as a whole. Once completed, go around the circle so each teen can share out loud and create a class goal. These should be related to growing in their faith through learning, sharing, etc. They can write the class goal on the teen handout and refer back to it throughout the year to see how the group is doing.

CATECHIST NOTES

LESSON PREPARATION NOTES:

Is there something I want to pick up or go over from last week's class?

My community building activity this week will be

What parts of the lesson will the Peer Ministers lead/facilitate?

Do I need anything from the Faith Office prior to class?

Other

CATECHIST NOTES

Things I will need for class this week:

The Key Ideas/Objectives for this week are

Things I need to consult Teen Faith about
